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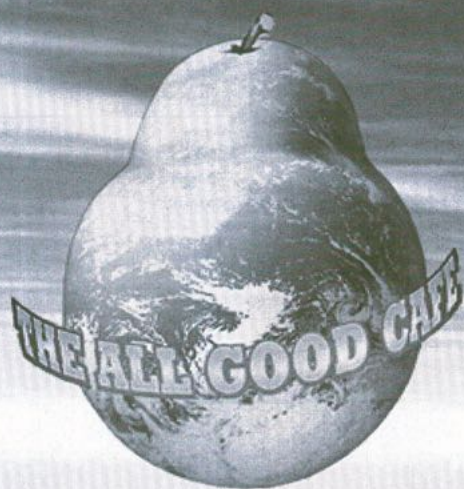
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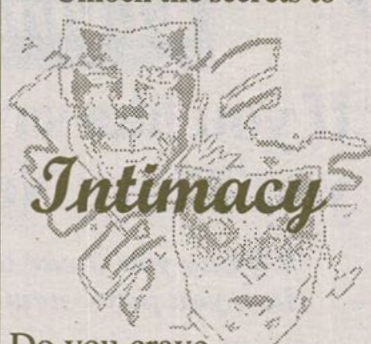
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ARTIST'S STATEMENT

Stuart McLachlan

The cover artist for this month's Common Ground brings a world of experience to his conceptual designs. He has plied his craft in Australia, throughout Europe and in the United States and Canada this month.



has been seen commercially in ads for Jell-O and Toyota and is currently featured in promotions for the British Columbia & Yukon Council of Film Unions and the B.C. Film Commission.

He also designed the cover and artwork for *The Hollywood Reporter 1996 Blu-Book*. Recently McLachlan illustrated creatures for the latest incarnation of *The Outer Limits* television series.

Born and raised in Adelaide, Australia, McLachlan studied graphics and illustrating at Underdale College. His particular style, which he described as "a bending of perspective,"

has been seen commercially in ads for Jell-O and Toyota and is currently featured in promotions for the British Columbia & Yukon Council of Film Unions and the B.C. Film Commission.

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Get Real About Food Politics

By Herb Barbolet

The safety and security of B.C.'s food supply is increasingly threatened. The warning signs are growing in magnitude and frequency. Most of society's systems, including food, fisheries, agriculture, health and the environment are showing signs of extreme strain. The demise of fisheries on both coasts, global warming, the shrinking of land fit for cultivation, water shortages, the exponentially growing gap between the rich and the poor, loss of domestically controlled processing capability, bankruptcies and suicides in the farm community, Mad Cow Disease and soaring grain prices are all indicators that we cannot be complacent and arrogant.

Alternatives and solutions are available, but coordination, cooperation, leadership and action are all too often lacking. The Government of B.C. and other organizations have undertaken many new and innovative initiatives aimed at helping to promote a healthy, prosperous province and population. Some of these recognize the critical role a sustainable food supply plays in the accomplishment of their goals; most do not.

The litany of danger signals associated with the health of our food and water supplies is further exacerbated by the provinces turning over to the Federal Government all responsibility for food safety, at a time when the Federal Government is in a deficit reduction mode and is downsizing. Further, we have neither a clear picture of the present state of our food security, nor of the potential benefits of moving to greater levels of security. Nor do we fully understand and acknowledge the relationship between food issues and larger community issues, or the connection between our (for now) full stomachs and the many empty ones across the world.

What are the root causes of our growing food scarcity? What can we, as individuals, and as a community, do to understand and ameliorate this growing crisis?

The root causes, clearly, are phenomenally complex. It is also clear, however, that rapidly increasing corporate concentration, the rise of transnational corporations and the resulting loss of sovereignty of nation-states, together with the growing disparity between rich and poor, all exacerbate the problem of providing food—not only to the 800 million already hungry or starving, but to the rest of us as well.

Those who drafted Canada's position

"We may be at the crossroads of a major worldwide crisis... Your life, lifestyle and future are intrinsically linked to everyone else on the planet. When citizens act locally, governments will follow, globally... What you put on your plate can make a difference in changing the way all of us think about feeding ourselves and the rest of the world. We can reap the feast collectively or starve separately."

—Jason Ziedenberg, "Feast or Famine," *Why Magazine*

paper for the upcoming World Food Summit in Rome in November would have us believe everything at home is ideal: our only worry is how can we get our technology and know-how out to the rest of the world in time to save the 800 million hungry and starving. It ain't so.

We need to recognize that: 1) we have a hunger and nutrition problem at home right now, and 2) we are grossly over-consuming our fair share of the world's resources and that will stop, by our choice or by outside force. Notes UBC ecologist William Rees: "The current patterns of economic welfare enjoyed by people in the developed countries cannot possibly be extended with current technologies to the existing populations of the planet. We figure you'd need about five additional planet earths to do that."

We in B.C. have a chance to change the world for the better. British Columbia is seen by many socially responsible businesses and progressive foundations as potentially a better model for sustainability than any other region in the world.

The good news is that we are doing quite well now. The bad news is that if we do not heed a call to action, we will be doing as badly as everyone else.

The Politics Of Food Scarcity

B.C. citizens (usually miscalled by the name "consumers") and B. C. agriculture have a large stake in what happens at the UN World Food Summit and at all of the International trade negotiation forums (GATT and NAFTA are but two of nearly a dozen). The Food Summit is the most public and accessible of these otherwise secret



and anti-democratic decision-making bodies. Deliberations at these forums are dominated by the transnational corporate agenda. But life, I'd suggest, is not about making the world safe for the global economy and the health and welfare of these transnationals.

Transnational-national corporations and the global economy are entities too massive to reform directly. (They will eventually disintegrate on their own, from their size and inertia). What we can and must do is to provide local, alternative ways of doing things and alternative ways of thinking about the things which ought to be done, so that when these self-imposed mega-systems collapse, we do not go into a period of chaos, panic, unbridled greed and totalitarianism.

If we do not want to wind up in the same pickle with food as we have with old growth forests, fisheries or air pollution, then we should start to pay attention NOW. One aspect of paying attention is to realize that there is rarely more than three or four days of fresh food stockpiled locally. In order to keep fresh product stocked on the shelves, long-distance trailer trucks, or even planes, have to continually bring in "fresh" product from 1,500 to 3,000 miles away or more. We don't have to do this; most vegetables and many fruits are grown as well or better in BC. Local product tends to be fresher and therefore more nutritious.

Imported food products are often lower in price than local products because they are maintained with very high subsidies; roadways and the water used to irrigate the crops are subsidized. Many foreign competitors have received corporate tax breaks and economic

encouragement to buy out smaller companies, become more mechanized (reduce labour costs), and force out competitors by informal price fixing and dumping product below cost to gain market share. This is to say nothing of migrant and child labour, often paid only a few dollars per day. These hidden costs are not reflected in the shelf price of the food. Also not reflected in the shelf price of food, especially in the large supermarket chains, are the health and environmental costs of pushing higher-profit junk food at the expense of healthier, fresher, local products.

Transnational food giants pay supermarkets to put their products on the shelves and give them prominent places on those shelves. The cost of advertising a product to reach a mass market is astronomical. Kellogg, for example, spends roughly \$43 million dollars per year promoting one cereal, Fruit Loops. Each of the sugar coated, low nutritional content, nationally advertised breakfast "foods" is backed by \$40-70 million dollars in advertising in North America alone.

If food production and marketing trends continue, there will be more highly processed and manufactured "food". There will be more chemically altered and genetically engineered products (at least until there are several more Mad Cow-type disease scares). Mass produced low-cost commodities will increasingly be dumped in this market.

Problems, from allergies, to Mad Cow disease, to parasites in soft fruit, can be seen as a threat or an opportunity. For we do have a choice: do we want to live better than we already do, or do we want to see our way of life deteriorate? Will our kids be as healthy as we are, with as long a life expectancy? Or is their health and well-being going to head in the same direction as their deteriorating material status? Every recent generation has been healthier than the last—until now.

Solutions?

The assumption is that Canada and the agricultural community in particular have no alternatives, that the rules of the game are created elsewhere and all of the cards have been dealt. This assumption is called TINA—"There Is No Alternative"—and it is patently false.

Premium agriculture products are produced locally by farmers, in private backyards, and by community agriculture, not by transnational chemical or

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forestry companies or by bottom-line megafarm industries. True food and monetary wealth is created by investing in people and in communities. There is no shortage of real, important, life-affirming work to be done here. There is no reason for downsizing the workforce. Priorities have to be changed. Recognition must come. Wellness and riches come when people have enough—neither more nor less than a body needs.

Activism must be our driving principle. Action and words are both vital. Through what we do and say we can and do create our own reality. We must envision alternatives and then put them in place so that people see that there are just, equitable, feasible, truly democratic and humane models and structures to which they may become allied.

Tolerance is essential to create anything sustainable. First Nations people and women have been extraordinarily tolerant of the dominant culture, some would say for far too long. I'll bet that few of you have considered how tolerant farmers have been. Their culture and society have also been decimated. Farmers must tolerate or accept that they have gone from over 50% of the population to just over 1% in about 50 years. They must also be very tolerant of the weather for it frequently won't cooperate.

Family farms, saving seeds, back-yard gardening, composting, community gardens, allotment gardens, Community Supported Agriculture projects (CSAs), community kitchens, energy and water conservation, and organic certification—all these are a means toward a just, equitable and sustainable society which can provide food for all. They are as well practical and enjoyable solutions we can put into action right now, in the present.

Sustainability, though, is not enough. We must begin the path toward regeneration. We have done too much evil to the earth to merely sustain what we have done. We must put in place systems and activities which regenerate the soil and recreate near-pristine water supplies.

The effective, or right, thing to do is to sustain and recreate the smaller family farms, built around a network of community. Building community saves both the farmer and the farmland.

Further, the community of food producers must be seen and supported as an integral part of larger community organizations and issues. Environmental organizations must understand that viewing agriculture as a polluting enemy is quite shortsighted and wrong-headed. Health organizations must see the link between their goal of high nutritional standards and where the food comes from. Wilderness and naturalist organizations must recognize that farms can provide vital habitat for wild creatures. This total community approach makes perfect political, social, environmental and economic sense for all of us.

Everyone

Can Act Locally

Here is what you can do to help:

Promote buying locally. Buying locally also helps peasants in third world countries, because they will then be able to grow food for themselves rather than luxury crops for export.

Work to ensure that our farmlands are protected, and that our farmers receive fair value for their labour, their investment, and for their irreplaceable knowledge gained from decades of hands-on experience.

Question assumptions that technology and job-destroying "solutions" solve anything.

Start or support genuine farmers' markets, community kitchens, co-ops and smaller-scale food distribution systems.

Encourage small-scale local food processing.

Grow your own food or join in community and allotment gardens.

Study pemaculture; learn the tools provided by the ecological footprint and community mapping.

Become involved in local issues through public participation programmes like City Plan.

Grow organically. Grow food plants in edible landscapes instead of lawns. (More agrotoxins are used by home gardeners than by all of BC agriculture).

Celebrate, appreciate and enjoy what we have now so that it may continue.

FarmFolk/CityFolk Society

Public policy is needed to create an environment in which implementing these solutions is easy and enjoyable and not a bureaucratic nightmare. Therefore, FarmFolk/CityFolk Society is issuing "A Call To (Inter)Action."

Who is FarmFolk/CityFolk Society? and what is this Call?

FarmFolk/CityFolk works on a wellness model, seeking to attend to the underlying problem rather than attacking symptoms. We are a nonprofit society and registered charity concerned with the relationship between our food, agriculture, environment and health. Our driving force is a desire to better our world: to care for the earth, to conserve its resources and to create a socially just society. We do this by reconnecting people to where their food comes from and facilitating actions toward the development and maintenance of a just and sustainable food system in B.C.

Our goal is helping to guarantee food security for all British Columbians. Food is also a celebration of the abundance of the earth, and the creativity of humanity. Our programme and method seek to celebrate what we have, while ensuring its preservation and renewal for the generations to come. We seek, by positive means, to raise awareness of the critical state of our domestic food security.

We recognize that alone we can do

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little to ameliorate our concerns. Therefore we link, connect, communicate, advocate, write, talk, complain, persuade, cajole. We are the only province-wide organization which has as members farmers, growers and market gardeners, health professionals, politicians, bureaucrats, corporate leaders, academics, wholesalers, retailers, restaurateurs, marketers, marketing boards, community organizations, international development organizations, and organic producer associations.

"One percent of the population having the same awareness and acting on it can change the world."

- Ralph Nader

Food is our metaphor and our tool to unite the increasingly divided elements of our society. Healthy food is central to humanity: without it, we cannot survive. Without sustainable societies, the earth which nourishes us will not survive. We work on the local to affect the global and apply lessons learned from the global to community.

We advocate that agriculture actively follow a sustainable, ecologically sound and health-producing model. We unite poverty issues with land use planning so that both include food production. We relate land development to food production, and food to celebration. We reduce the distance between field and table, re-integrate urban and rural concerns and utilize a holistic approach to the regeneration of society. Health, social justice, and environmental and economic sustainability are all mutually dependent.

FarmFolk/CityFolk Society is above all a food advocate. That means that we are working to help establish and maintain holistic sustainable systems which will produce and distribute healthy, nutritious, safe, affordable food, in sufficient quantities that no one need go hungry, now or in the future. The production and distribution of this food should provide meaningful work with reasonable pay and good working conditions, as well as adequate, healthy and delicious food for all.

We celebrate solutions and advocate alternatives by holding festivals and forums, by conducting research, by assisting in the creation of policy, and by initiating actions for change—actions which involve and benefit each of us.

Call to (Inter)Action:

A Total Community Approach

In honor of World Food Day, October 16th, we present this Call To (Inter) Action—a proposal for a campaign to build a sustainable food system in BC.

This proposal suggests a novel approach: a Blue Ribbon Commission, Premier's Council or Commission of Inquiry, established, funded and run by a broad-based coalition of government,

business, labour and Non-Governmental Organizations (NGO's). The Commission should report directly to the Premier, with a mandate to determine the viability and sustainability of B.C.'s food supply and its implications for health, agriculture, jobs and our environment. The Commission would further be empowered to act upon its findings to improve conditions as it sees necessary.

Building a sustainable food system will provide a myriad of spin-off benefits in health and well being, community economic development, increased farm and farmer viability and environmental improvements. For example, a strong connection must be made between food and agriculture and the Community Health Boards.

The following are some of the programmes or initiatives that would benefit from a coordinated food policy: Closer to Home & New Directions, Heart/Stroke - Food Security and Nutrition Policy Paper, Agro-Food Policy Paper, Investment Agriculture, Vancouver Food Policy Organization, Food Forest Project, farmers' markets, community kitchens, community agriculture, Forest Renewal BC, Colony Farm, Fraser River Basin Management, Georgia Basin, World Food Summit.

The time is now. Recognition is dawning that these dreams are not utopian or unrealistic. As Ralph Nader said in Vancouver, "One percent of the population having the same awareness and acting on it can change the world".

There was a People's Food Commission twenty years ago. Today, the urgency is even greater. Please heed the call—and then join in the feast of celebration.

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Herb Barbolet is Founder of FarmFolk/CityFolk Society. Please address all comments and constructive criticism to Herb at Farm Folk/City Folk, 730-0450 (phone), 730-0451 (fax), e-mail: farmcity@alternatives.com

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Limits to Growth: Facing Food Scarcity

*As increasing global demands put pressure on
declining grain stocks, countries around the world
are in for a wake-up call.*

By Holly Stewart

It may be the ultimate irony that in our efforts to make the earth yield more for ourselves, we are diminishing its ability to sustain life of all kinds, humans included. A sobering report published November 1995 by the Worldwatch Institute announced that despite technological advances, the world's stocks of rice, wheat, corn and other grains have fallen to their lowest level in two decades. "Measured in days of global consumption, the world's estimated carryover stocks of grain for 1996 had fallen to 49 days—the lowest level ever."

Since the bumper crop of 1990, there has been no growth in global grain production at all—while population has grown by 440 million. And what is of greatest concern is not only the growing number of mouths to feed, but what type of diet they will demand. Even as population grows at a record

pace, those with low incomes, who account for most of humanity and who typically depend on a starchy staple such as rice for 70% or more of their calories, see prestige in consuming more livestock products. As disposable incomes rise sharply across the developing world, a fast-growing middle class from Seoul to Sao Paulo is buying more beef, poultry, and pork. Ironically, as developing countries adopt the fat-laden North American diet, they are experiencing a sharp rise in the diseases that accompany it, including heart disease, cancers, and osteoporosis.

In China alone, the demand for pork is creating a soaring population of hogs—510 million by the year 2000, from 307 million a decade ago. And the new taste for meat is placing heavy pressure on the grain supply, since hogs yield only one pound of pork for each four to six pounds of grain they consume. Consequently, China has been transformed from a net grain exporter of 800 million tons to a net importer of 16 million tons. Its overnight emergence as a leading importer of grain, second only to Japan, is exacerbating the rise in world grain prices.

It is only a matter of time until China's grain import needs overwhelm the export capacity of Canada, the U.S. and other exporting countries. But before that happens, the shortage will spread, because

even as China is bidding for a growing share of the world's exportable supplies, so are scores of other countries. The grain import needs of countries such as Indonesia, Iran, Pakistan, Egypt, Ethiopia, Nigeria, Mexico, Bangladesh, and India could easily triple by 2030.

Carrying Capacity

Grain use per person measures both the amount of grain consumed directly, which accounts for half of human caloric intake, and the amount consumed indirectly in the form of livestock products,

**"Individuals in
wealthier
countries can
help lighten
humanity's load
by voluntarily
reducing their
personal levels of
consumption."**

which accounts for a large share of the remainder. Canada has the dubious distinction of topping the list of affluent countries in per capita grain consumption at a whopping 974 kilograms per person. The U.S. follows at 860 kilograms per person. Low-income, largely vegetarian societies such

as India consume only 186 kilograms per person. If the current world grain harvest, averaging 1.75 billion tons thus far during the 1990s, were boosted by roughly 15 percent to 2 billion tons, that harvest—if equitably distributed—could support 2.5 billion people at the American level of consumption, 5 billion at the Italian level, or 10 billion at the Indian level.

These numbers point to a looming gap between the projected growth of world population to 10-14 billion, and the strains on both oceanic- and land-based food production imposed by the current population of 5.7 billion—most of whom would like to eat higher up the food chain. This gap underscores the need for governments to assess their national carrying capacities so that they and the people they serve can understand the difficult choices that lie ahead.

Global Solutions

While the future looks bleak at worst, and challenging at best, there are many ways individuals and their countries' governments can help to turn the tide. Firstly, awareness of the issues and honesty about the underlying causes is essential. As long as the first world desire for affluence and consumption is held as a global model for growth, there is little hope. Already many individuals in the

Limits: See page 10

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- to ensure a place for preventive and holistic medicine, which may be the best model for containing rising health care costs.

- to ensure our right to be informed and make informed decisions regarding our health care.

You own your own body—you have the right to choose what happens to it. As consumers and taxpayers, we all have the right to demand that the health care we pay for works and that treatments make us well again. Consumers must take control of health care; the establishment within the health care field must not control us.

To protect consumer interests, Citizens for Choice believe it is essential that the Government of British Columbia pass legislation to:

- specifically protect the right of medical doctors to offer non-conventional or innovative treatments provided that a patient is not harmed or placed at unreasonable risk of harm.

- ensure that in any investigation or assessment by the College, physicians are investigated by a true peer - a peer who has expertise in the type of practice being assessed.

Such legislation will not give physicians using non-conventional treatments special rights; all physicians will have equal rights. Quality of patient care will be enhanced. Consumers will have both better protection and more choice in health care.

We believe that *patient outcome and consumer satisfaction* should always be taken into consideration. Did the patient get better as a result of treatment? Were our tax dollars spent wisely and effectively? Are patients being shuffled from one treatment to the next without positive results? The monetary waste and lack of innovation that the College system has created must be addressed. *Consumer*

satisfaction must become a factor in the provision of health care in British Columbia.

Citizens for Choice in Health Care have a petition circulating, a campaign for donations to address our publicity costs, and an active volunteer coordinating committee. We need and value your support. As an individual you can participate by writing your MLA, writing your local media, and signing the petition.

The Medical Practitioners Act is currently under review. We understand that the Ministry of Health and the Health Professions Council are continuing to seek the views of the College of Physicians and Surgeons and the B.C. Medical Association. However, we think it is imperative that the views of the public, whom these entities *serve*, are heard.

Since the public is the recipient of the services offered by the medical profession and the one to be protected against any abuses, then that same public must have a *major* say in the Act and its interpretation. Express your views on this important issue by writing to: Irvine Epstein, QC, Chairman, Health Professions Council, Suite 680, 1500 West Georgia Street, Vancouver, B.C. V6G 3A9.

Now is the time to do something about freedom of choice in health care in British Columbia. We need people who would like to form chapters of CCHC throughout the province of B.C., including Vancouver.

To form a chapter in your area, to volunteer, or for further information about our organization, please call *Citizens for Choice in Health Care*: (604) 655-4868. You may also write to us at: P. O. Box 30136, Saanich Centre Postal Outlet, Victoria, B.C. V8X 5E1 or you can e-mail us at: cchc@get-info.net

Judy Kubrak is Chairman of Citizens for Choice in Health Care (B.C.)

Limits: From page 8

west are seeking to limit their consumption through simpler lifestyles and making the transition to a plant-based diet.

The Worldwatch Institute outlines several key solutions to our global crisis:

(1) Allow accurate market prices to lower per capita grain consumption. When grain prices doubled in the 1970s, Americans lowered their consumption of meat, milk and eggs enough to reduce grain feeding by 46 million tons, which would cover 20 months of world population growth.

(2) Educate people about the health risks associated with excessive consumption of fat-rich livestock products. The healthiest people are not those living at the top of the food chain.

(3) Perhaps the most effective and efficient technique is a tax on livestock

products, one not unlike that applied by most governments to alcoholic beverages, another grain-based product. If the world's affluent could reduce their consumption of grain-fed livestock products by 10%, they could free up 64 million tons of grain for direct human consumption. This would cover world population growth for another 26 months. A 20% reduction would buy more than four years. And the health benefits would greatly lower health care costs.

Excerpts from Canada EarthSaver August issue. For a complete version of the article and a free information package contact EarthSave Canada at (604) 731-5885. e-mail: office@eathsave.bc.ca

Holly Stewart is a freelance writer and member of EarthSave Canada.



Teaching children concentration

For parents and teachers: you can help children with this simple technique.

By Heidi Thompson

"Mind Mastery lets me focus on myself for a while, instead of observing the things around me like I normally do."

- Bethany, 11 year old student

The classroom is silent. The lights are dim. Thirty-one Grade Four students sit erect and motionless on their cushions. Only four minutes left to go and our 45-minute goal will be reached! This is a moment of success for all of us.

I open my eyes and look around. The children are beautiful, peaceful, sitting with their eyes closed, concentrating on the breath. They are practising Advanced Attention Development (AAD) or Mind Mastery, an exercise which strengthens the mind, develops concentration, and gives insight through direct experience of how the mind works.

AAD is a program designed for students in all school grades, from kindergarten to university. Its goal is to educate each child by strengthening and developing the powers and faculties of the mind and body—the original meaning of the word "educate."

Children with healthy and focused minds are not only better equipped to survive today's world, but also possess inner power and knowledge which enable them to make positive changes in society. All children can benefit by developing their concentration. Children with learning disabilities, including attention deficiency, hyperactivity and behavioural problems, benefit greatly, as do gifted children and high-potential learners. Teachers and parents who practice the AAD technique also experience improvement in both awareness and ability to focus.

A Grade Four teacher comments after her class participated in an AAD course: "It was interesting for me to observe the growth in self-awareness that took place over the weeks. The children became very aware of how their own thinking works and some became aware of their thinking for the first time. This meta-cognition, as it is called, is important in learning. If we notice our thinking, we become better able to control ourselves and our own lives. We are responsible for the way we think about ourselves. Many students experienced an improvement in concentration and felt that their determination proved stronger. They are proud of their self-control."

The mind-mastering technique used in AAD originates from Anapana, the first step in the Vipassana meditation tradition, taught by Gotama Buddha over 2,500 years ago. This technique of concentration and mind-purification has been preserved in its pure form over the centuries and is currently taught at ten-day Vipassana courses throughout the world.

Today Anapana is being taught to children worldwide. Most of the courses have been held at Vipassana centres, but are rapidly being accepted as curriculum at regular schools. Last year in India, over 10,000 students participated in programs held in schools and at centres. Since it is purely a technique, is non-sectarian and is not part of any organized religion, Anapana has been well-received in the school system.

I have been practicing Vipassana for over ten years and am involved in children's programs in Washington. I adopted the Anapana technique for AAD

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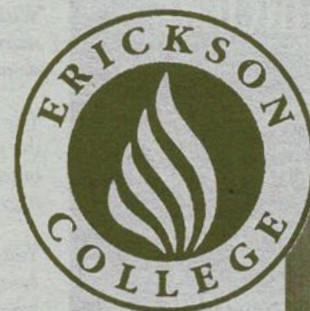
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because I found it unusually effective in
training the mind to focus.

After I started practicing Anapana and
Vipassana, I noticed positive changes in
my life. Looking around me and seeing
so many children unable to concentrate,
I felt compelled to share this technique.
After consulting with the Vipassana
Foundation, I began the pilot project
called AAD, teaching Anapana to chil-
dren in a number of elementary schools
in Vernon, B.C.

Last year over 60 students attended
Mind Mastery sessions. Says John, a 10-
year-old student of AAD: "Today I felt
that I could concentrate on my mind.
I could use Mind Mastery in my daily life
to control my thinking. It's not easy, but
it's fun."

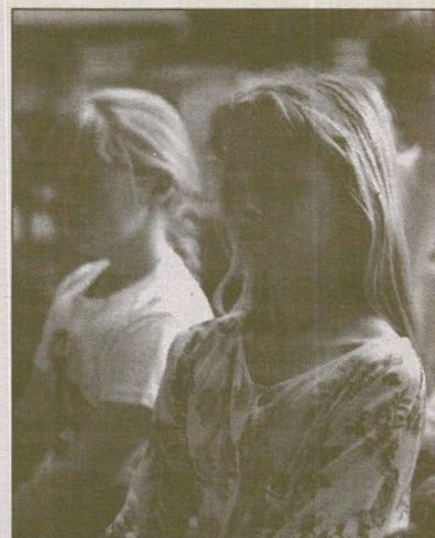
Today's children live in a world
where it is hard to find a moment or a
place to simply sit and quiet the mind. In-
formation and distractions bombard them
and create frustration and agitation,
sometimes leading to aggressive
behaviour. According to *Newsweek*
Magazine (March 18, 1996), children are
going through a concentration crisis:
"Attention Deficit Hyperactive Disorder
(ADHD) has become America's No. 1
childhood psychiatric disorder. Experts
believe that over two million children
have the disorder. The number of kids
taking Ritalin has grown two and a half
times since 1990."

After working for about eight weeks
with a group of children diagnosed with
Attention Deficit Disorder (ADD) who
were taking Ritalin, I was encouraged by
their progress. Although they continued
using medication during the course, their
concentration time went from one and a
half minutes to fifty-five minutes. All the
children wanted to continue with the pro-
gram. This experience convinced me that
mind-strengthening exercises should be
seriously considered as a healthy alterna-
tive for treating ADD and ADHD.

Why is AAD effective? When
students practice attention development,
they learn from direct experience. That
direct experience, which involves feeling
how sensation is linked to thought,
creates an understanding in the student
which results in his or her ability to
master the process.

The simple technique of feeling the
natural breath becomes a way for each
child to observe how the mind works.
While trying to focus on the breath, the
child's mind continually wanders from
thought to thought. Restlessness upsets
concentration, making the child fidgety
and uncomfortable. But as the child con-
tinues bringing attention back to the
breath, restlessness dissipates, the body
calms, and the mind strengthens.

After an AAD session, children feel
able to focus at will. They are more aware
of the nature of the mind and of what they
have to do to master it. They feel liber-
ated and empowered and want to go on



with the practice. Says Michelle, a 10-
year-old student in the program: "Mind
Mastery helped me by making me learn
how to focus on my thoughts and by tell-
ing me that I was the master of my mind.
It helped me to set more goals for myself
and be more considerate—and it helped
me to CALM DOWN."

I believe AAD is particularly effective
because of the entirely voluntary nature
of participation. Students have to apply
to attend the courses (and parental per-
mission is necessary), so from the very
start, AAD is a course students want to
take.

Spoken and written dialogues be-
tween instructor and student after each
session allow the child to examine and
express his or her reaction to AAD with-
out any kind of judgment. This reinforces
the experience unique to each child,
which underscores its value.

The AAD program may be requested
at any time mutually convenient to both
the teacher/school and the instructor.
There is a two-hour introductory session
for interested teachers. Since AAD is an
extra-curricular course, teachers request-
ing it should be aware that the program
consists of seven one-and-a-half hour
sessions over a period of two weeks. A
group may consist of between seven and
thirty students. All AAD talks and pro-
grams are free; instructors give their time
entirely on a volunteer basis. At present
I am the only instructor of AAD in B.C.,
although a training program for new
instructors is being developed.

Children intuitively love Mind
Mastery, working with enthusiasm to
experience and meet the challenge, and
delighting in the self-confidence and
inner calm which results. I believe that
by developing strong and healthy minds,
these children will be better equipped to
deal with the many challenges they will
face as they grow. Says 12-year-old stu-
dent Mark of AAD: "I think this program
makes the world look beautiful and come
into peace. I would love to continue."

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Vitamin E

To take it or not to take it?

By David Steinman

In 1922, researchers discovered animals fed a diet of rancid lard could not produce offspring, but when provided lettuce their reproductive capacity returned. Two years later, the substance in lettuce that enabled them to reproduce was identified. Researchers called it vitamin E or *tocopherol*, notes the *Vitamin E Fact Book*, published by the Vitamin E Research & Information Service, of LaGrange, Illinois.

It is easy to see why researchers named this substance *tocopherol* from the Greek word *tokos*, meaning childbirth, and the verb *phero*, meaning to bring forth. Because of the alcohol nature of the vitamin E molecule, an *ol* was added to the ending.

Although until recently many people have thought of vitamin E as a "fertility" vitamin, much of the medical community's current interest is focused on its role of vitamin E in the prevention of coronary heart disease (CHD). The essential questions surrounding vitamin E and heart disease are whether it truly lowers one's risk, how much is required for optimum cardiovascular health, and whether adding an additional amount to the diet via dietary supplements is beneficial, or even safe.

Indeed, the question surrounding the safety and efficacy of vitamin E supplements is not unimportant as a public health issue. Up to 30 percent of the population is now taking some form of antioxidant supplement, notes the American Heart Association (AHA) in its January 1995 report *Antioxidant Vitamins*. After vitamin C, Vitamin E is one of the largest selling vitamins in the United States today with sales exceeding \$425 million in 1993, according to a report in the November/December 1994 *Hippocrates*.

It is no wonder that many of these users are popping E in the belief that it will reduce their risk of heart disease. Almost one-half of all deaths in the United States are related to heart disease, notes the 1988 *Surgeon General's Report on Nutrition and Health*. As the leading cause of disease and death in the United States, more than 1.25 million heart attacks occur annually, with two-thirds among men, notes the 1988 *Surgeon General's Report*. There are also some one-half

million strokes annually, reports the AHA in an April 12, 1993 news release.

CHD results from the narrowing of the coronary arteries, a process known as atherosclerosis. The cause is a build-up of cellular debris on the lining of the vessels. If some of this debris dislodges from an artery, it can cause a blood clot, blocking blood flow to the heart. This will re-

sult in heart attack. If the clot is in the carotid arteries leading to the brain, a person will suffer a stroke.

Cholesterol is the CHD risk factor most strongly associated with vitamin E's alleged benefits. While most people now recognize that high blood levels of cholesterol are associated with an increased risk of heart attack, the culpable cholesterol substance in the blood appears

to be an elevated concentration of low-density lipoprotein (LDL). The body's LDLs are especially vulnerable to oxidative damage caused by highly reactive and ubiquitous molecules called oxygen free-radicals that are produced naturally by the metabolism of oxygen, as well as through exposure to environmental factors such as disease-causing bacteria, pollution, and even solar radiation. Ultimately, the oxidation of LDL cells causes them to accumulate on the walls of the arteries. There, they trap other substances in the blood, such as white blood cells and circulating immune complexes, causing an ever greater build-up of cellular debris, and additional narrowing.

Many researchers believe vitamin E plays a key role in reducing this CHD risk factor by acting as an antioxidant, protecting LDL cholesterol from oxidative damage and keeping it from adhering to vessel walls. Joseph L. Witztum asserts in the September 17, 1994 *Lancet*, "One way to lower oxidation in the human is to take vitamin E." He may be right.

Several recent large-scale human studies have examined the role of vitamin E in human cardiovascular health. The Nurses' Health Study used data from 87,245 women aged 34 to 59 who were free of heart disease in 1980. After adjusting for age, smoking, obesity, exercise, and other risk factors, nurses who took vitamin E supplements had only two-thirds the risk of heart disease compared to those not taking the supplement. Women taking vitamin E for more than

"...nurses who took vitamin E supplements had only two-thirds the risk of heart disease compared to those not taking the supplement."

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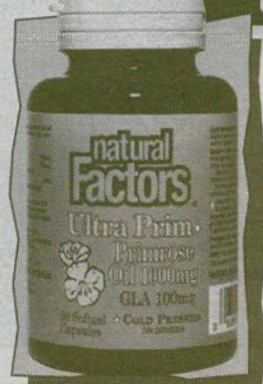
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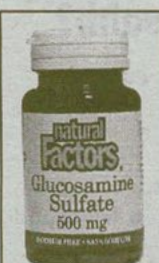
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two years had only about half the risk, according to a November 17, 1992 AHA report. Moreover, the vitamin E supplements taken by the subjects provided a greater amount than one could get normally from dietary sources alone. Study co-investigator Meir Stampfer, M.D. of the Harvard School of Public Health told the AHA, "I'm skeptical by nature but I was even more skeptical going into this study. It just didn't seem plausible that a simple maneuver like taking vitamin E would have such a profound effect. So even though there was a lot of sound scientific basis for the hypothesis that antioxidant vitamins can reduce heart disease, I expected to show that this was not in fact a true association." The protective effect was not seen in persons whose only source of vitamin E was from dietary intake alone.

In the May 20, 1993 *New England Journal of Medicine* (NEJM), Eric Rimm and co-investigators noted that vitamin E supplements may reduce the risk of CHD in middle-aged men. The

researchers studied some 39,910 male health professionals aged 40 to 75 years for a four-year period. They found men who consumed more than 60 international units (IU) of vitamin E per day had a lower risk of CHD than those men who consumed less than 7.5 IU per day.

Meanwhile, in April 1993, researchers from the University of California reported in *Arteriosclerosis and Thrombosis* that in a small preliminary study vitamin E "can confer significant protection to LDL from an oxidant challenge." In their study, the researchers gave eight people 60 milligrams per day of beta-carotene for three months, then beta-carotene plus vitamin E for another three months, and then beta-carotene, vitamin E and vitamin C for three months. During each period, samples of LDL were isolated from blood and measurements of its susceptibility to oxidation were performed in the laboratory. The researchers found that long-term supplementation with large doses of vitamin E, but not beta-carotene alone, decreased LDL susceptibility to oxidation up to 50 percent. Interestingly, vitamin C appeared to protect vitamin E's antioxidant capability, noted the researchers. Although admitting their study was small and provided only preliminary results, they assert it lends "additional support for a direct (protective) effect."

More recently, Ishwarlal Jialal, M.D. of the University of Texas Southwestern Medical Center in Dallas and co-investigators reported in the February 1995 issue of *Arteriosclerosis, Thrombosis, and Vascular Biology* that the minimum

dosage needed for optimal protection against arterial blockage appears to be 400 IU. In a randomized, placebo-controlled study, the researchers tested vitamin E doses of 60, 200, 400, 800 and 1,200 IU in 48 healthy men. Blood tests showed after two months of vitamin intake only those men who got at least 400 IU a day had a significant decrease in LDL susceptibility to oxidation. "The threshold dose was 400 IU, but we saw an added benefit at 1,200 IU," notes Jialal.

As for stroke, thickening of the walls of the carotid arteries, the neck arteries that carry blood to the brain, is often used

"Just about every public health expert agrees that one's first line of defense must be whole foods, especially plenty of fruits, vegetables, and grains."

as an indicator of one's risk. In a Finnish study that examined carotid wall thickness in 216 men with high LDL levels, low plasma levels of vitamin E were associated with greater risk. Indeed, men with the lowest levels of vitamin E had a 78% increase in thickening compared to men with the highest plasma levels, according to a March 18 AHA report.

To be sure, not every study has proven that vitamin E is directly beneficial in reducing heart disease or stroke risk, and there are some notable gaps in the data, including adequately controlled large-scale intervention trials. Moreover, even the investigators whose studies have shown promising results frequently decline to make the fateful leap and recommend that people take additional vitamin E.

Stampfer and colleagues, for example, found a statistically significant reduction in the risk of heart disease among women with high vitamin E intakes compared to women with low intakes. But in a May 1993 report in the *NEJM*, they concluded that public policy recommendations about the widespread use of vitamin E should await results from further large-scale studies. Moreover, the AHA also advises people to wait and not to jump on the dietary supplement bandwagon, according to its January 1995 report.

That's all fine and well—except that a lot of doctors are not practicing what they and their colleagues are preaching. Many doctors think the weight of the evidence, based on both human and animal studies, is at the very least suggestive of a real benefit, and their actions speak louder than their words. A significant number of physicians themselves are popping 400 to 800 IUs of vitamin E daily. Observes Patricia Long, in her 1994 *Hippocrates report*, "Last November, a speaker stood up before an audience of scientists and physicians at a conference on antioxidant vitamins.

Vitamin E: See page 23

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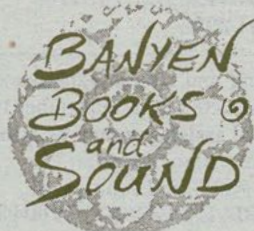
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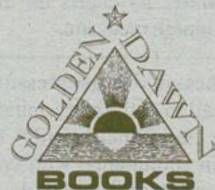


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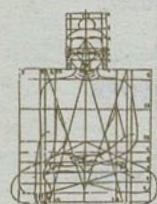
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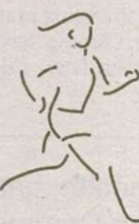
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Vitamin E: From page 14

'How many of you take vitamin E?' he asked. Half the audience raised their hands. 'And how many of you tell your patients to take it?' The hands came down."

The Federal recommended daily intake for vitamin E is about 10 to 13 IU, notes the *Vitamin E Fact Book*. In the United States, the amount of vitamin E supplied by the normal diet is estimated to be about the same, adds the *Fact Book*.

Yet research shows benefits seem to accrue with long-term intake of vitamin E in amounts of about 100 to 400 IUs daily. Insuring an intake of vitamin E equivalent to that amount without dietary supplements is almost impossible.

Because vitamin E is a fat-soluble nutrient, its richest natural sources are fats, especially vegetable oils, nuts, and to a lesser extent, whole grains. But even nearly four ounces of wheat germ oil daily would provide only about 178 IU, notes the *Vitamin E Fact Book*. Eating the same amount of sunflower seeds would provide only about 74 IU of vitamin E.

Already, about 64 percent of vitamin E intake in the normal United States diet is supplied by salad oils, margarine, and shortening, and that amount, in total, is still less than 10 IU for the average person. Moreover, the message regarding eating vitamin E-rich fatty foods is antithetical to receiving enough: people are being told by the medical community to cut down on fatty foods. However, eating more fruits and vegetables certainly won't provide a high enough amount of vitamin E to match the levels recorded in many studies. A small apple provides less than one international unit. A little less than four ounces of fresh asparagus provides fewer than three, notes the *Fact Book*.

Finally, much of the vitamin E in foods is lost during handling, storage, and processing. The *Fact Book* reports that storing safflower oil at room temperature for three months can result in a loss of more than half of its vitamin E content. Roasting almonds, another potentially rich source, results in an 80 percent loss. Processing wheat into white

flour reduces its vitamin E by a whopping 92 percent.

It is important to note that supplementing with vitamin E cannot possibly take the place of healthy nutritional habits, as well as regular exercise, and cessation of smoking. Just about every public health expert agrees that one's first line of defense must be whole foods, especially plenty of fruits, vegetables, and grains. "Even the wildest proponents of vitamin E, when pressed, admit that . . . it may not necessarily be vitamin E behind the benefits but a combination of antioxidants," Harvard University epidemiologist Julie Buring told *Hippocrates*. Meanwhile, R.A. Riemersma and co-investigators note in the January 5, 1991 *Lancet*, "Many populations consume very low amounts of fresh fruits and green vegetables, and therefore have very low levels of antioxidants, suggesting that they should supplement their diets with more cereals, oil rich in vitamin E, vegetables, and fruit."

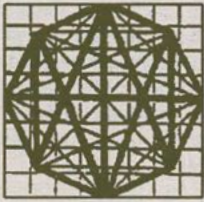
Moreover, vitamin E may not be without adverse health effects in some people.

In a July 10, 1981 report in the *Journal of the American Medical Association*, Hyman J. Roberts, M.D. noted such side effects among his patients have included phlebitis, hypertension and severe fatigue. Also, vitamin E may interact with anticoagulant drugs such as warfarin, notes F.A. Oski in an August 21, 1980 report in the *NEJM*.

On the other hand, Jeffrey Blumberg, chief of the Antioxidant Research Laboratory at Tufts University, is willing to make the leap, take the small risk of potential adverse effects and gamble on the possibility that vitamin E actually may provide a much greater benefit in reducing his risk for heart disease. He has become part of the vitamin E experiment. "I take four hundred internal units of vitamin E every day," he says. "For me as a scientist, it means getting comfortable with uncertainty."

David Steinman, M.A., is author of "Diet for a Poisoned Planet" and co-author of "The Safe Shopper's Bible." He can be reached at P.O. Box 97073, Washington, D.C. 20090.

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T O F U R E C I P E

Festive Fall Desserts



Zucchini Chocolate Cake

Serves 6-8

- 1 cup dark cocoa powder
- 2-1/2 cups flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp salt
- 1 cup margarine, softened
- 2 cups sugar
- 3 eggs
- 1 tbsp vanilla
- 2 cups zucchini, grated
- 1 cup nuts, chopped (optional)

- 1 - 300 g. pkg. Sunrise Tofu Dessert, pureed
- 1 tbsp vinegar or lemon juice

Preheat oven to 350°F. Mix cocoa, flour, baking powder, baking soda, cinnamon and salt together in a bowl. Set aside. Beat margarine and sugar together until smooth. Add eggs one at a time, beating after each addition. Stir in vanilla, zucchini and nuts. Blend tofu with vinegar. Alternately, stir dry ingredients and tofu pureed into zucchini mixture. Pour into zucchini mixture. Pour into a greased and floured 10" loaf pan or 9x13" square pan. Bake for 40-45 minutes or until a toothpick comes out clean. Cool in pan for 10 minutes.

Hallowe'en Pumpkin Pie

Serves 6 - 8

- 1 - 454 g. pkg. Sunrise medium-firm Tofu, well drained
- 1 - 398 ml canned pumpkin
- 1 egg
- 3/4 tsp ginger
- 1/2 tsp nutmeg
- 1 tsp salt
- 1/3 cup vegetable oil
- 1 tsp vanilla
- 1 cup light brown sugar
- 1-1/2 tbsp molasses
- 1 - 9 inch unbaked pastry crust

Preheat oven to 350°F. Blend the filling ingredients in a blender until smooth and creamy. Pour the mixture into the unbaked pastry shell and bake for 1 hour. Chill and serve.

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Silver Hills on the Rise

On Mabel Lake Road, less than ten minutes from Lumby, is a remarkable industry.

It is *Silver Hills Bakery*, situated at the front of 160 acres of lush farmland, and it produces some of the healthiest breads on the market. The wheat used is certified organic, meaning no chemicals or sprays, and wherever possible should be obtained by every home baker. Stone grinding is a process, used by *Silver Hills*, in which all of the nutrients are retained in the milling process and is recommended for optimum nutrition and health.



With this type of wheat milling, all of the corn and bran are retained, and when the flour is used quickly there is little-to-no vitamin E oxidation.

When shopping for bread one should stay away from all forms of stabilizers, conditioners or added fats and oils. Additives and preservatives only lessen the nutritional value of a product and gives extra undesirables to your diet.

Another nutritional tip in bread making is using sprouted grains. When a kernel is germinated, it goes through an entire enzyme change enhancing the nutritional value.

According to *Alive Magazine*, August 1995, the increased nutritional value is as follows: vitamin B1 (thiamin) increase of 28%; vitamin B2 (riboflavin) increase of 315%; vitamin B3 (niacin) increase of 66%; vitamin B5 (pantathenic) increase of 65%; biotin increase of 111%; folic acid increase of 278%; vitamin C increase of 300%.

Silver Hills Bakery is proud to be able to offer sprouted breads; even with the added labour intensity, it is well worth the time and taste!

Silver Hills French Toast

1/2 c. sunflower seeds, cashews or almonds
2 & 1/4 c. water
2 T. vanilla or maple flavouring (optional)
1/2 tsp. sea salt
2 c. oats

Blend all ingredients until smooth. Use this batter in place of a regular one with *Silver Hills* bread, try the raisin. Best to bake in oven or greased cookie sheet, 400 F. for about 10 mins., or fry on teflon griddle.

Invivo Nutrition

"A wise man should consider that health is the greatest of human blessings." [Hippocrates] These words of wisdom are the inspiration behind *Invivo Nutrition*. Many of us are ill informed in maintaining a good state of health. Consider—fast foods, alcohol abuse, drug dependencies, polluted environments and modern day stress. At *Invivo Nutrition*, our aim is to educate customers in the laws of healthy living. This is why we choose "Invivo" the Latin term meaning "In Life" as our name. We believe in the ability of the body to heal itself. A nutritious diet, regular exercise and a clear mind, is an ideal state of being. Unfortunately, most of us, do not live up to this ideal. The more we take it upon ourselves to learn about nutrition, the better prepared we will be to take part in providing you the customers with a more natural approach to healing. Our intentions are to help you make wise choices in your selection of vitamins, herbs and supplements, to create customer specific programs and to introduce natural alternatives to preventive medicine, under the consultation of nutritionists, naturopaths and sports nutritionists. Christina Kontogeorgiou invites you to join our friendly and knowledgeable staff for an organic juice, or browse through the wide selection of books and natural health products at *Invivo Nutrition*, 2557 West Broadway.

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The Rainbow Vegetarian Restaurant

This wonderful dish you see in the photo, Beancurd Fish, is one of our best creations that is totally vegetarian and made with the finest soybean curd, golden mushrooms,



veggies, wheat gluten, assorted curry, sweet & sour, BBQ duck sauce, no soy, and specially

seasoned to taste like fish.

We have dozens and dozens of other dishes to satisfy the most discriminating tastes.

After years of being in the restaurant business in Hong Kong and winning numerous awards, we found in Canada a great appreciation for vegetarian food.

We have all of the typical dishes, including very special ones using walnuts and other nuts, seeds, and roots (like taro). All dishes are prepared fresh and can be take-out as well. For info call (604) 273-7311.

Colour and Light Vibrational Therapy

Sunlight is the basic source of all life on Earth. Through today's lifestyles of fluorescent lighting, working indoors for long hours and focused on our computers, we have become depleted of the natural light our bodies require for health.

Today, interest is steadily growing in



wellness, and individuals are taking responsibility for their own well-being. Light & Colour Therapy is a comprehensive alternative, which is very beneficial to correct light deprivation, and balance the energy field (Aura) around the body.

Colour, like sound, can be measured in frequency. Colour vibration reinforces the aura by replenishing the light frequencies of which it is deprived. Any breakdown in the body, such as infection, illness or pain is a direct result of imbalances in the bio-electromagnetic field (aura).

Colour & Light is the simplest and most accurate therapeutic measure yet developed to counteract these breakdowns in the body systems. While many professionals used light systems in the past and presently do, this is the optimal laypersons therapy. The basic procedure is to select the precise colour filter for the light projector, check the recommended time, remove clothing from the area to be treated, direct the light to this area, then simply relax and breathe while bathing in the colour. At last, a healing method that is safe, non-invasive, with no pills and the treatment can be done in the privacy of your own home. Affordable, easy-to-use equipment complete with instruction manual is now available to anyone. Open-minded health seekers can now acquire one of the simplest, most useful and effective colour & light systems ever designed. For info. call *Life's Light* in Nanaimo B.C. (604) 755-1417.

Aromatherapy

Aromatherapy can improve emotional, mental, and physical well-being. Aromas affect the most primitive part of the brain and have powerful beneficial impacts. High quality aromatherapy products and accurate information regarding essential oils must be available to consumers. Those working in aromatherapy should cooperate to improve knowledge, the quality of products and services provided and the level of professionalism in the industry. We should assist others in obtaining benefits from aromatherapy.

Aromaborealis is committed to educating and exciting others about the benefits of aromatherapy and providing the best aromatherapy products and services in the universe!

The people and the company: *Aromaborealis* is operated by individuals trained in the use of essential oils who truly believe in the benefits of aromatherapy. We do extensive research into essential oils and suppliers. We read about, use and compare aromatherapy products. We want the best products for ourselves and others. There are no standards to protect the aromatherapy consumer. Buying poor quality products from untrained individuals may result in consumers losing faith in the benefits of essential oils. *Aromaborealis* has trained aromatherapists with extensive knowledge of, and interest in, essential oils, committed to sharing that knowledge through seminars and home parties. We want to increase consumer protection and professionalism in the aromatherapy industry for the mutual benefit of practitioners and consumers. We provide accurate information about aromatherapy, high quality essential oils and Canadian made products from local artists and suppliers.

Herbal Rejuvenation

It's time for ginseng to share the spotlight as a universal cure—all now that an ancient medicine from India is here in North America.

Ayurvedic medicine is a 5,000 year-old traditional healing system from India that focuses on the human body's ability to heal itself according to the laws of nature. India has a rich heritage of indigenous herbal medicines. Herbal therapies



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are part of a combination of Ayurvedic treatments that have been used for centuries to treat chronic and acute conditions, and modern scientific research has proven them effective in treating many different illnesses.



Ashvghandha is one of more than 700 plants identified in Ayurvedic literature for its physiological properties, toxic effects and therapeutic uses. Its name bears reference to its smell and the strength of a horse. Botanically it is *Withania somnifera* - Dunal (Linn) and belongs to the Solanaceae family. Ashvghandha is an erect shrub that thrives throughout the dry parts of India, Baluchistan and Sri Lanka. Since ancient times, ashvghandha has been used in India to promote health and longevity. Its active principles, alkaloids and withanoloids, are similar to those of ginseng. Ashvghandha is highly valued for its anti-aging properties. Specifically, it is used to enhance the immune system and treat anemia, inflammation, bacterial infection and diarrhea. It is also thought to improve the quality of bodily tissues and act as an aphrodisiac.

Ashvghandha has been used for thousands of years as a folk remedy for a wide variety of ailments. These include anthrax, arthritis, asthma, bronchitis, cancer, candida, colds, cough, cystitis, debility, diarrhea, digestive disorders, dropsy, dyspepsia, hemorrhoids, hypertension, nausea, psoriasis, rheumatism, ringworm, scabies, senility, smallpox, syphilis, tuberculosis, tumors, typhoid and wounds.

Self-Defense Cooking

Michelle Sevigny is the local author of *The Self-Defense Cookbook*. It contains 95 no-added oil, vegan recipes that are designed for one person.



Also included are easy shopping lists and a variety of menu plans which are great for busy people. All the organizing

is done so eating is easy.

Plus, the extensive Food Tips section contains tips on selecting and storing the freshest fruits and vegetables to ensure minimal loss of nutrients. "Put simply, *The Self-Defense Cookbook* changed my life," says Jennifer Hawthorn of Victoria. Don't rely on the food industry, medical community or government policy to watch out for your health; take responsibility and defend yourself. To order call (604) 731-9225.

Cooking Vegetarian

An emerging force is gaining momentum within our culture, a force both powerful and healing. It is the shift towards a plant-based diet.

The advantages to be gained by this shift are so multi-dimensional that they are being recognized by groups throughout our culture. Dietitians, physicians, scientific experts and the general public are acknowledging that the diet centred on animal products that has been ours in this century has proven to be a choice linked with chronic disease.



Looking after one's personal health has become a driving force for baby boomers and for a significant proportion of adults

in all age groups. Vegetarian eating is not a passing fad but a preference that's here to stay. A plant-based diet is gaining the respect of international health organizations, national governments and the medical establishment.

For nutritionists and culinary experts, the taste transition is clear ... and here are two professionals who have risen to the challenge. Vesanto and Joseph have taken the steps many others will follow—using their professional knowledge and communications skills to create a blueprint for culinary change.

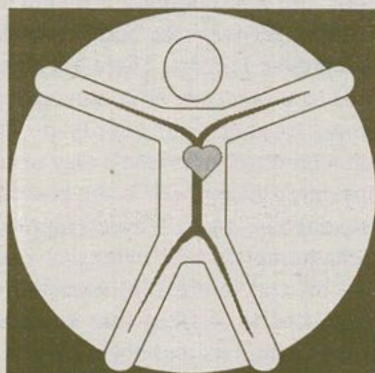
Whether you are parents struggling to counteract the impact of some advertising on the diets of your growing children, teenagers trying to convince Mom that a plant-based diet will not result in permanent health damage, or professionals faced with clients who want change but don't know quite where to start—this book is for you. A perfect companion to Melina and co-authors' handbook to a plant-based diet, *Becoming Vegetarian* (Vesanto Melina & Joseph Forest, Macmillan Canada), this volume brings the science of nutrition alive in the kitchen.

Lactose Cookbook

A diagnosis of lactose intolerance used to mean a life without creamy soups, sauces or rich desserts, but no more! In the *Lactose-Free Family Cookbook* author Jan Main (Macmillan Canada) has recreated recipes for family favourites that have the same smooth textures and rich flavours as the originals made with dairy products.

150 tested and tasty recipes for appetizers, soups, vegetable dishes, baking and desserts (including ice-cream) are here, along with tips on managing lactose intolerance and suggestions for increasing intake of calcium. Alternate ingredients such as tofu and fruit purées are introduced to add creaminess, create moist baking and ensure that meals are bursting

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with flavour. And for those dining with someone who is lactose intolerant, there is an added bonus—great tasting food with less fat!

Jan Main is a professional Home Economist who has been teaching, catering and writing about food since 1978. She has worked in the test kitchen of *Canadian Living*, and currently devotes her time to her catering business and cooking school in Toronto.

Eating Well When Pregnant

When a woman is pregnant she has to get used to the idea of eating for two—not twice as much, but twice as well. *Eating Well When You're Pregnant* by Ellen Lakusiak (Macmillan Canada) explains how good nutrition can help an expectant mother increase her chances of having a healthy pregnancy, and a healthy baby. *Eating Well When You're Pregnant* discusses both how and why proper nutrition can help a pregnancy by explaining how deficiencies in diet may harm a mother and her baby. Lakusiak answers common questions pertaining to weight-gain, exercise and vitamin supplements for pregnant women, as well as questions about breast-feeding and post-partum nutrition.



Eating Well When You're Pregnant offers suggestions and advice about good nutrition that is useful to all women whether pregnant and nursing, contemplating motherhood or not.

Ellen Lakusiak, drawing from her experience as both a dietitian and a mother of three, has created a book that is straightforward and full of useful information that is helpful to both first-time and experienced mothers alike.

Letters: See page 34

LETTERS

Aspirin Alternative

Regarding Steinman's "Aspiring Aspirin" column in August *Common Ground*, readers should know that there is a flip side to this aspirin story. It may be true that aspirin seems to reduce the risk of certain diseases; however, at what cost? Aspirin is an easy sell to a society that is constantly in search of the magical pill, the quick fix, the pop one-a-day-for-health solution. People need to realize that a healthy lifestyle is still the best preventative medicine, and there is no easy substitute for exercise, proper diet, adequate rest, ample clean water, and a healthy attitude. Unless we want to remain a sick society, we need to look at the causes of many of these illnesses, and try to repair and/or maintain health naturally, not synthetically.

Because aspirin is an anti-blood clotting agent, does this mean it should be used to prevent heart attacks? Exercise, soy lethicin, essential fatty acids, fiber and herbs are just a few of the many preventative measures that can be taken instead. But there is bound to be more hype over a simple pill and glass of water for pennies a day. Is it because taking aspirin takes only a few seconds to think about—and people can still go on living stress-ridden, exercise-deprived, nutrient-deficient lives, thinking that's all they need to do?

Could it be that the medical industry needs to glamorize itself in the hope of restoring the public's faltering faith in conventional medicine? Research studies proving the efficacy of aspirin are done and widely published primarily because the drug industry profits. Natural salicylate-containing substances, such as willow bark, which reduce risk of heart disease do not flash across medical journal headlines.

Steinman notes that aspirin acts as an anti-blood clotting agent and pain suppressant because it inhibits the formation of "certain" prostaglandins. This is not necessarily beneficial to health.

Letters: See page 34

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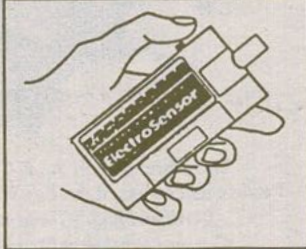
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L O U I S E L. H A Y

I am beautiful...

Dear Louise,

I am a 32-year-old female who is very, very hirsute. I have a mustache, and hair on my arms, breasts, stomach and buttocks, and I literally get a five o'clock shadow on my legs after I shave them. I have as much hair on my body as a hairy man, and it is dark and coarse. I am neither overweight nor underweight, and I do not have any other physical "abnormalities."

My question is: am I afraid of being female or of my womanliness so that I unconsciously create a situation where I am uncomfortable with my body? Or should I think of my abnormal hair growth as a birth defect from which I must learn a life's lesson? Are there any affirmations I could use to heal my body and spirit? I am tired of feeling embarrassed. Thank you; I appreciate your being there for us.

J.P., La Mesa, California

Dear J.P.,

I have personally known several women who have had to shave twice a day. In each case, they were extremely talented, creative people. Your hair growth is not abnormal for you. It means that you probably have lots of testosterone, which every woman has in differing amounts. Testosterone is supposed to increase energy and creativity, so it would be very helpful for you if you would consider yourself "blessed" and use these gifts.



Louise Hay

Each one of us grows up believing that there is something "wrong" with us. This belief keeps us from being all that we can be. We each must learn to love ourselves in spite of what we consider a defect. There is no reason to feel embarrassed when you can help yourself. If you are uncomfortable with facial and body hair, visit a good electrologist. Nowadays, electrolysis is very effective and in time will perma-

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answers
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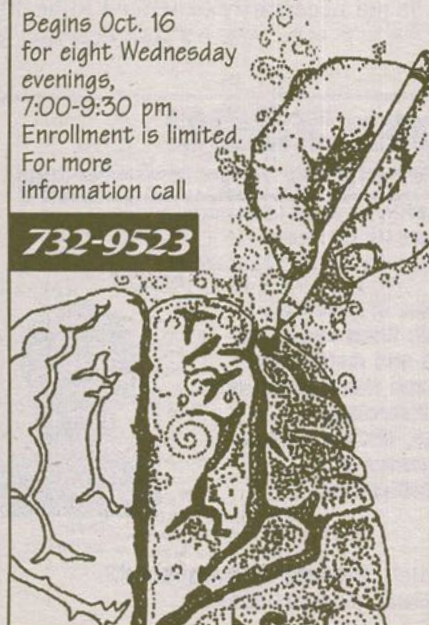
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Letters: From page 33

While certain prostaglandins in excess do lead to disease, others actually stop and reverse damage and protect cells. The last thing we want is to inhibit these good prostaglandins. Research and clinical experience show that they actually lower high blood cholesterol and triglyceride levels, dissolve tumours without destroying normal cells, help treat and prevent inflammatory conditions such as arthritis, relieve pain symptoms, aid in allergy treatment, and increase vitality and energy. The function of the enzyme that converts essential fatty acids to prostaglandins is in fact blocked by aspirin. Inhibiting good prostaglandin formation further increases the damage done by bad lifestyle choices and a degraded environment. The effects of "evil" prostaglandins can be reduced and reversed through safe, preventative measures such as exercise, flaxseed oil supplementation, seaweed consumption, and healthier diet.

Do your own research and ask your health care giver questions. Please do not fall prey to advertisements and quick-fix solutions.

G. Rainbow

Send letters to Editor, Common Ground,
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nently remove all unwanted hair.

I AM BEAUTIFUL, AND EVERYBODY LOVES ME AS I AM. Say this affirmation at least 100 times a day for a month, and you will be amazed by the positive results.

Dear Louise,

For almost 30 years, I have been trying to quit smoking. I've attended Nicotine Anonymous and I've seen people doing great things with the help of God. This has led me to take courses at my local Religious Science church, and I've been doing daily treatments to make me more conscious of good health and to have happy lungs. My doctor tells me I have chronic bronchitis and simply must give up smoking. I've now given up meat, milk, and coffee; I swim three times a week, do yoga, hike, and have been to every quit-smoking course there is, but I'm still as addicted as ever.

My minister says to be patient, but as a 66-year-old man, I don't have much time left. Any suggestions? What direction should my treatments/affirmations take?

P.T.O., Aptos, California

Dear P.T.O.,

If you truly believe that being 66 means that you don't have much time left, then you are feeding into whatever pattern is making you harm your body so much. Forgive yourself. Start believing that you will live until at least 90, and begin loving yourself in every way you can. Don't beat yourself up for what you have not done (stop smoking), and congratulate yourself on all the good work you've accomplished so far.

I began smoking at 15, and it took many, many years before I was finally free of the habit. Stopping was hard for me, so I gradually cut down, even getting to the point where I could only smoke OP's (Other People's cigarettes). I didn't know affirmations in those days. Then I went to a month-long workshop where nobody smoked, and I did. When I returned home, I had one cigarette and became violently ill. THAT was the end of smoking for me, and I am very grateful to be free.

I suggest that you look into the mirror each morning and evening and say, "I LOVE YOU AND I APPROVE OF YOU." I know of one man who used this method every time he wanted a cigarette, and he has been smoke-free for over a year now. When the student is ready, the method appears, and the solution is easy. Love and approve of yourself, and you will work through this challenge.

Dear Louise,

I am a very petite woman (4'3") and people tell me that I am pretty. I have had a child, but I needed a Cesarean because I was too small for a natural birth. I deeply feel that my body has never

developed to its full potential and that something is wrong with me. I feel very sad. Is there any special reason why I chose a small body in this lifetime? If there is, how can I make the best of it? Are there any affirmations you can give me to move beyond this?

L.C., Miami, Florida

Dear L.C.,

Your body is not a problem; it is the

way you have chosen to react to it. Your reaction is only a thought, and a thought can be changed. No matter what body we find ourselves in this time around, we want to rejoice in it.

If you don't love who you are, then you will teach your child the same feelings of worthlessness. I would suggest that both you and your child stand in front of a mirror and say: I LOVE MYSELF, AND I AM PERFECT JUST AS

I AM. Do it every day. Make a song out of it. It will become a part of your being. All is well.

Louise L. Hay is a metaphysical teacher and the bestselling author of 17 books, including *You Can Heal Your Life*. For a free catalogue of books, audios, videos and other products by Louise Hay and other Hay House authors, please call (800) 654-5126.

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In return, and without charge, Maria Duval agrees to answer me and to send me a detailed study (of at least 15 pages) concerning me personally and my future. She also agrees to send me my personal lucky numbers.

☐ Don't forget to include my precious lucky talisman offered without charge by Maria Duval (I am responding within 4 days).

☐ I am responding within 48 hours. Maria Duval also offers me without charge a second personal talisman that I agree to keep near me.

☐ I am enclosing only five 45¢ stamps (or \$2) to help defray first-class shipping and handling costs.

☐ Ms. First name _____ Last name _____
☐ Miss _____
☐ Mrs. Number and Street _____

Town _____ Province _____ Postal Code _____
Important: Date of Birth: _____ 1 9 _____ Age: I am _____ years old
Month Day Year

Hour of birth (if you know it): _____ a.m. I confirm my
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Food for your soul

Our physical body houses the soul during our journey on this Earth. The body is not an entity separate and apart from the Earth, but is rather one part of the living, breathing organism that is our world. We are the Earth, made of the same stuff, the same atoms, which are continually recirculated. In a very real sense, each new body that is born into the world is created from recycled material! That body can be nourished, both inside and out, and the greater the nourishment, the stronger, more vital, the more full of life that being is.



Gwen Randall-Young

How ironic it is that often it is not until someone is seriously ill that emphasis is placed on the quality of food ingested. So often, in our culture, eating is a largely unconscious activity: unconscious in terms of what is eaten, and unconscious in terms of the process of eating itself. It has been suggested that a high consciousness around eating can compensate for less than optimum quality food. This is important, because, realistically, not everyone can grow their own, or afford to buy fresh organic food.

If we honor the Earth for producing the food, and those who worked to bring it to our table, and we bless the food as a gift from the Earth, then that food can serve us well. If we ask that it nourish our bodies and our souls, and visualize it as energy that blends with ours, we enhance the experience of eating.

How is food nourishing to the soul? The soul carries the awareness of our purpose on Earth, and one of the major aspects of anyone's purpose is to learn to love, honor, nurture and cherish our own being. Eating whole, fresh natural foods, and maintaining optimal health are to the body as care and tuning are to a musical instrument. It is also a way of honoring the gift of life.

And so, at harvest time, we give thanks to the Earth for providing our home and our sustenance. We give thanks to those beautiful beings who plant, cultivate and harvest so that we may be nourished. And we give thanks to those who transport the harvest to our neighborhoods, and those who sell it. Take a moment to think about how many of our brothers and sisters are involved in bringing that salad to our table. If you are one who grows your own produce, then you are deeply connected to the Earth, and your blessings are multiplied.

Gwen Randall-Young is a psychotherapist and author of *Dancing Soul: The Voice of Spirit Evolving*, and *Echoes Through Time: A Message of Healing for Men*.

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Random Memories

by Jeff Swanson

When Gutenberg started printing, it caused an uproar. It advanced understanding and communication, but it also threw people out of work—mostly monks. Few today would suggest the innovation was for the worse.

My preferred analogy when referring to changes wrought to the graphics industry by computers is Shiva—simultaneously creating and destroying the universe. The world around us is being formed and dissolved on a microscopic and cosmic scale. So too, our society is being torn down and rebuilt on the fly. Nowhere is this more true than in the graphics industry. The most highly skilled craftspeople of the industry are being purged by the box.

The first to go were typesetters. In the distant past of less than ten years ago, the copy was made into neatly typed pages, with lots of white-out. (Remember the typewriter?) The designer “specced” the type for the typesetter. It was supposed to mean “specify” but it really stood for “speculate”. By squinting at the type and applying incantations, we were supposed to know how much text at what size would fit into what space. Miscalculation meant go back to go, do not collect \$200 and start all over again. Type was couriered to the typesetters. Wait a day. Another trip to pick it up. Changes. Two more trips. The typesetter charged between \$25 and \$75 per hour.

Today the client writes it, e-mails it to the designer, who “pours” it into a page layout program. A grammar-checking program and a spell-checker are used. There will be mistakes anyway. Programs like QuarkXPress and PageMaker have automatic kerning, leading, and stylesheets, so client whims are humoured with a minimum of grief.

Skill and understanding of the principles of communication and design do come into play. “Automatic” settings give a mediocre page, but that is often all that is required. For the unique or the elegant, skill and experience still count. Programs need to be bald-faced lied to, to get them to perform as required. Computers get a good grade, but it's definitely the human component that makes it all work properly.

Meanwhile, photographs had to be converted to halftones. More trips. Large (requires two rooms) cameras were used to create halftones. Working in the dark with the smell of developer and fixative eating out your sinuses, trying to produce images with strong (but not muddy) blacks and bright (but not blown out) highlights. Bump and flash. About \$15 per small halftone.

Today's designer scans. No trips anywhere. No smells, and it fits on the desktop instead of in two rooms. Photoshop gives more control over halftones than was ever dreamed of in a darkroom. You still have to know what you're shooting for.

Separation of colour images was the darkest of the black arts. It still is, but it doesn't get the kind of respect it deserves. Images were drum scanned by an operator with a minimum of twenty years in the business. The scanner

took up another two rooms. For separation and proof, the going rate was about \$150.

Today for \$3 a totally skookum separation is available on photo CD. All you need is the knowledge of the separator with the 20 years experience. Lack of understanding sends far too many of today's designers crashing to the ground. Not to undervalue the strides made: Photoshop, a CD player and your desktop system is more capable than a million dollar system of 10 years ago.

Illustrations were a special torture especially for designers. A black and white drawing was required for each shade of each colour. All drawings had to be register to one another and be clearly marked, and nobody got to see how it would look until a fortune had been spent stripping it all together.

Software has made things easier, but the differences between the way a monitor displays colour, the way it prints on a colour laser and the way it prints on a printing press are the stuff of therapy.

Strippers were the next stage of production: negatives were made of all elements; type, halftones, graphics, photos. Everything then had to be assembled to work as a unit. It was not unusual to pay more for the stripping than the printing. Each successive step was 10 times more expensive than the previous step to correct mistakes.

Desktop software now makes it easy to integrate all aspects of a job into a single set of film. Strippers either learned this or went on unemployment.

The printer of “old” used a press that had been around since Moses was a kid. And they probably still had financing on it, too. Amortization of thirty years was no problem.

Today the printer has lost the pre-press business to service bureaus and is in danger of losing the printing, especially of short run jobs, to copy houses that run thousands of laser copies at brutally competitive rates.

Not the least affected have been the designers themselves, who've had to adapt or die. The marketplace demands quicker turnaround and lower cost for the same quality or better. That designer has been forced to become involved in the production process involving some understanding of typesetting, halftones, scanning, compositing and the press. The ability to do it all on the desktop is here, but the pressure of each of these specialties has come with it.

In the end, people find work just as they always have. Someone looks them in the eye and makes a decision as to their attitude and their aptitude for the work. Employers still find it easier to upgrade skills than bad attitudes.

Sounds like business as usual.

Jeff Swanson is coordinator of the Computer Graphics Program at Metro Training Institute, and is an instructor at the Center for Digital Imaging and Sound. He also runs his own design and consulting firm. He can be contacted at: jswanson@uniserve.com

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I N T E R N E T

Modem activism for food security

By Wreford Miller

There are many thousands of useful internet sites related to food security, the environment, and social justice, and if you have a computer and a modem and a little wherewithal, you can educate yourself, seek positive solutions, and become an on-line activist by using e-mail to register your opinions and to connect to other activists.

Vancouver CommunityNet

Modem activism can be a good way to seek out local issues which need attention and best suit your interests. First off, I recommend you join the Vancouver CommunityNet (formerly our FreeNet). Even if you use another internet connection, belonging to the VCN ensures your participation in and support for community internet access. The internet and its related networks are elitist by nature: one must have access, training, and equipment. The VCN is part of a movement to minimize these barriers. Modem dial-up is (604) 257-8778, or telnet to vcn.bc.ca, or visit their website at <http://www.vcn.bc.ca>. Their office number is 257-3811.

Many of Vancouver's activist groups are listed on the VCN, and this is a good place to start looking for local issues.

Alternatives

It's also a good idea to check out Alternatives, a bulletin board, an internet service provider, and one of the largest free online libraries for social change. Like the VCN, you don't need fancy equipment or lots of money to use this.

<http://www.alternatives.com> (modem dialup is (604) 582-4155).

FarmFolk/CityFolk

While you are there, you will want to check out FarmFolk/CityFolk. We have plenty of information available on food, health, agriculture and the environment.

<http://www.alternatives.com/groups/farmfwho.htm>

Here is a list of some other internet sites which will inspire your activism or provide you with background information, starting with local groups:

City Farmer

Be sure to visit this impressive site with plenty of information on urban agriculture, from worm composting to rooftop gardens, and some local history, too.

<http://www.cityfarmer.org>

EarthSave Canada

EarthSave promotes environmentally responsible, ethical, and healthy eating, focussing on reducing our consumption of animal products.

<http://www.earthsave.bc.ca/>

Vancouver Progressive Homepages

As it sounds: a collection of progressive links and homepages, beginning with a very local focus and moving outward.

<http://www.eyenet.net/Netizen/Progressive/>

David Suzuki Foundation

An organization devoted to finding solutions to local and global ecological problems, with information on the issues they are concerned with and actions one can take.

<http://www.vkool.com/suzuki/>

Community Economic Development Centre

Find out what Community Economic Development is and how it can help integrate economic, social and environmental solutions.

<http://www.sfu.ca/cedc>

Simon Fraser Public Interest Group

A local group focussed on raising a wide variety of progressive issues.

<http://www.sfu.ca/~sfpirg>

Food Not Bombs

Deal with hunger in your own backyard.

<http://www.webcom.com/~peace/PEACTREE/stuff/stuff/HOMEPAGE.htm>

or

<http://iww.org/~gnat/9508/f/fnb.p079.html>

Food and Nutrition in Local Government

A good primer on involvement in local food system issues.

<http://www.uow.edu.au/health/phn/LGfood/LGfood.html>

BCAgWeb: BC's Ministry of Agriculture, Fisheries, and Food

Here you'll find a mixed bag of information, dead ends, and promotion, like most places on the net. But keep trying links, as there are some real news items and statistics buried on the site.

<http://www.agf.gov.bc.ca/>

Food Industry Branch

BC's food system from an industry standpoint.

<http://www.agf.gov.bc.ca/food/foodhome.htm>

FoodNet

The national version of the industry voice, where you can find interesting statistics and observe industry opinions. Of course, keep in mind the vested interests behind industry and government sites.

<http://foodnet.fic.ca>

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Permaculture Resources

I thoroughly recommend you learn something about this new and ancient system for designing sustainable living environments. This site is a vast repository of links and information.

<http://sunSITE.unc.edu/london/permaculture.html>

Or try <http://nornet.nor.com.au/environment/perma/>

or

<http://www.koan.net/nexus/Permaculture/permaculture.html>

Rural Advancement Foundation International (RAFI)

If you are concerned at all about biodiversity, biopiracy, and the control of genetic resources by transnational corporations, you should visit this site.

<http://www.charm.net/~rafi/rafihome.html> (will be moving soon to <http://www.rafi.org/>)

agAccess

A useful range of links and resources on sustainable agriculture.

<http://www.mother.com/agaccess/>

Institute For Agriculture & Trade Policy

If you are concerned about NAFTA, GATT, or any other trade arrangements involving the U.S., this is an excellent source of information. Loads of information on biodiversity, food security, global economics, biotechnology, and policy.

<http://www.igc.apc.org/iatp/>

Sustainable Agriculture Resources on the Net

DeeAnna Weed's site is a great place to start serious online investigation into agriculture.

<http://www.koan.net/nexus/Permaculture/sust-ag.html>

Food and Agriculture Organization of the United Nations

An enormous and global website with information on the FAO's activities and interests. An essential site for keeping track of international food security maneuvering and politics.

<http://www.fao.org>

See also the **Global Network on Food Security's** home page at <http://www.ncf.carleton.ca/ip/social.services/global-food/>

WWW Certified Organic Food

A good online resource for those who want to keep up on the organic food industry, or are just seeking a few answers.

<http://www.gks.com/>

Pesticide Action Network

A first-rate pesticide-related news service from the Pesticide Action Network in San Francisco, California US. Their update service may be subscribed to by mailing list. Once on the mailing list you will receive one update per week by e-mail. To subscribe, send email to majordomo@igc.apc.org with the message: "subscribe panups."

<http://www.panna.org/panna/>

Pure Food Campaign

An American clean food activist site mainly about dairy products, but worth a visit.

<http://www.benjerry.com:80/bgh/pure-food/>

Organic Gardening Discussion List

To join this group, send the message "sub OGL your name" to listserv@lsu.uky.edu

Environmental Organization Webdirectory

A fairly global directory of links to a wide variety of environmental research sources and groups. A good place to start weaving your own web.

<http://www.webdirectory.com/>

Contact Center Network

This extensive lists of links will help you find many kinds of groups, listed by region and interest, and the resource listing service, Idealist, will help you identify resources available and actions you can take.

<http://www.contact.org>

Internet NonProfit Center

Plenty of information on non-profits, actions you can take, and wise giving practices, though with an American bent.

<http://www.nonprofits.org>

EnviroLink

This is a huge site, claiming to be "the largest online environmental information resource on the planet," and if they aren't, they're close. Plenty of food related links too.

<http://envirolink.org/>

Planet Peace

A site devoted to indigenous and environmental grassroots initiatives, including food issues.

<http://www.teleport.com/~amt/planetpeace/index.shtml>

Other good non-profit sites are the **Institute for Global Communications'** directory (<http://www.igc.apc.org/index.html>), **EcoNet's** gopher site ([gopher://gopher.econet.apc.org](http://gopher.econet.apc.org)), and **Phillip Walker's Nonprofit Resources** (<http://www.clark.net/pub/pwalker/home.html>).

Some UseNet newsgroups to check out for discussions:

alt.sustainable.agriculture
sci.agriculture
sci.bio.food-science
alt.food
sci.bio.food-science
misc.activism.progressive

That should get you started. If you would like further information on how to join FarmFolk/CityFolk or visit our Bulletin Board at Alternatives, call us at (604) 730-0450. We also have an e-mail discussion group for members and interested parties.

Wreford Miller is the Information Services Coordinator at FarmFolk/CityFolk, and can be reached via e-mail at farmcity@alternatives.com

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Fraser Valley Regional Library	525-5689
New Westminster Public Library	521-8874
North Vancouver City Library	980-0581
North Vancouver District Public Library	984-0286
Port Moody Public Library	939-1588
Richmond Public Library	231-6422
Surrey Public Library	588-4433
Vancouver Public Library	331-3600
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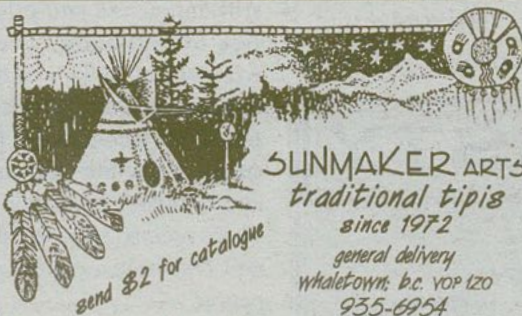


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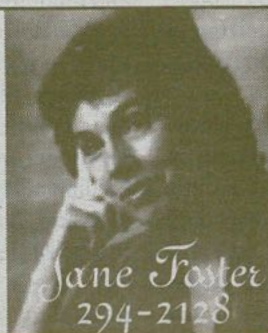
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Diploma Candidate, C.G. Jung Institute, Zurich



For Appointment, Please Call: 590-4718

Rethinking the Future

Getting Back on Track

A unique trait of our species, one that is critical for our survival, has been our ability to reflect backward on times past in order to understand how we got here and project our thoughts ahead into the future to see where we may be heading.

Even though we are fixed in the reality of the present, our imaginations enable us to roam across time and to use that capacity to learn from the past and recognize options for the future.

A powerful thought exercise is to cast ourselves back in time and then ask, knowing the outcome in 1995, from this place in the past, is that what we want to aim for? To imagine an adequate answer, we have to be aware of what the world was like back then.

Consider 1945 as an example. The industrial world had just been pulled out of the Great Depression by war-driven economic growth. There were just over 2 billion people on Earth and most still lived in small towns; the population of Greater Vancouver had just reached 400,000 and Toronto a million. Most of the planet's vast forests and oceans were still untouched and pristine. Food was free of pesticides. The technological wonders of 1995 would have seemed dazzling in 1945. Television was in its infancy and technologies like oral contraceptives, satellites, transistors, computers and compact discs were yet to come. There seemed to be no limits to progress and the improvement of life for all people.

But in 1945, would we have wanted a society obsessed with consumption driven by the blare of advertising? Would we feel the cornucopia of consumer goods (25,000 items in department stores, over 200 breakfast cereals) was a reasonable trade for the breakdown of neighbourhoods and families, pollution of air and water, traffic congestion, and the disappearance of wilderness and species? Would we have accepted a world increasingly divided along lines of wealth, the ranks of the impoverished swelling as a diminishing proportion of humanity already obscenely rich continued to demand more?

Many things we accept today would have shocked and outraged people in 1945. By putting ourselves back in time, we can see that with foresight, we could have achieved a very different future. All we needed was the WILL to act. Issues that are difficult and contentious today

might have been avoided or far more easily solved had they been tackled when first anticipated, and at far less cost.

For example, had the United States acted to stabilize its population at the 1945 level, the country would be completely self-sufficient in oil today!

There would have been many other positive repercussions in terms of natural resources, croplands, air and water quality and oldgrowth forests.

Steps taken in 1945 to design an economy controlled by national governments and based on full employment, frugality and product durability, would have had vast social and

ecological ramifications. It could have been done with far less upheaval or adjustment than trying to do it today. We must remember that this juggernaut called the global economy that dictates so much of what our government and business leaders do today, is a very recent development.

When economists and politicians met in 1944 at Bretton Woods, New Hampshire and established the World Bank and IMF, they were just inventing and setting in motion forces that would come to dominate our lives. Yet way back in the '30s, one of the major players at Bretton Woods, economist John Maynard Keynes, had the prescience to warn that economies should remain profoundly national, not international, or else they would be beyond government control.

Today, world renowned scientists are telling us that multiple issues of population growth, overconsumption, poverty, pollution, climate change and wilderness destruction, increasingly impinge on our lives and render our political, economic and social structures evermore unstable and vulnerable to breakdown. Casting ahead and assuming that we continue with business as usual, scientists such as Nobel prizewinner, Henry Kendall, population dynamicist, David Pimentel, and modelling expert, Donella Meadows, foresee horrific outcomes within the lifetimes of our children.

Every day that goes by without serious attempts to address and act on our predicament will exacerbate the unpredictability and gravity of the problems in future. And even where solutions are still possible, every day that passes without action ensures that the cost of attempting to resolve them will escalate.



David Suzuki

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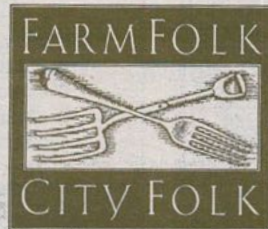
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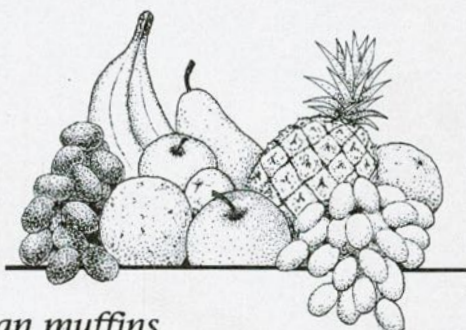
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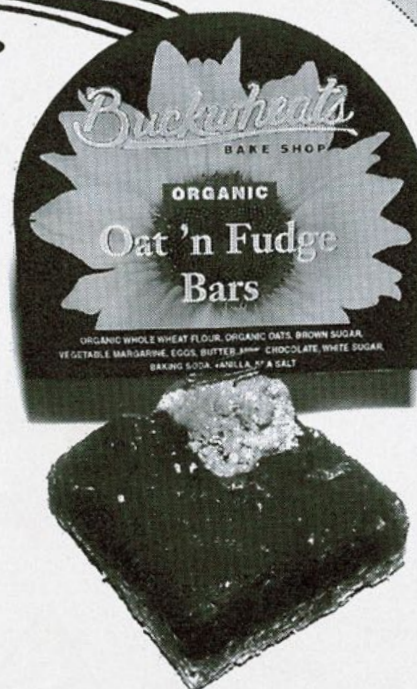
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